



Healthy and Active Rainier Valley Coalition, (HARVC)

A partnership aimed at building and strengthening the Rainier Valley by increasing the health of its residents through culturally relevant promotion of physical activity and nutrition.

HARVC has worked in the Rainier Valley since November 2006. Sixty-five members include clinics, citizens, government agencies, businesses and non-profits. Along with projects we work on local health policy issues. Meetings are third Wednesdays from 1 to 2:30 at the Rainier Community Center. All are welcome!

Past Projects

- “*In Motion*”, 6/07-9/07 - Partnership with Metro, Rainier Beach businesses, and Rainier Chamber of Commerce to promote alternative transportation. Two hundred participants and positive comments.
- “*Tres Historias*”, 11/06 - Diabetes play with SeaMar REACH participants and Iglesia de la Luz church. One hundred attendees.
- “*Domingo Saludable*”, 4/07 - Diabetes education and screening day at Iglesia. Over 100 people screened for diabetes and high blood pressure.
- Senior walking events sponsored by Seattle Parks and Rec Sound Steps - Two “*Walk N’Rolls*” around Seward Park averaging 90 people and “*Walk With the Mariners*” with 500 people.
- Bite of the Rainier Valley - Healthy Restaurants participated in bite with the Rainier Heritage Festival



Current Projects

- *Shop Arounds* - point of purchase grocery store education in English, Vietnamese and soon in Cambodian.
- *Healthy Restaurant Initiative* - working with 16 local restaurants to promote one healthy adult and one children’s menu item.
- “*Walk Around the World, 98118*” - A virtual walk with celebration parties as each continent is reached. Currently 270 participants who’ve walked 28,000 miles.
- *Community Kitchens* - Community members gather to cook nutritious meals at the Rainier Community Center on second Wednesdays from 6:30 to 8:30 pm.



Minigrants (up to \$3,000)

- Rainier Health and Fitness - “Women’s Only Night”
- RCC Teen Program - Teen nutrition promotion
- Bikeworks - Community bike education partnering
- Parks/Rec Lifelong Recreation - Class promotion
- “Eat Better, Feel Better” at Muir and Emerson schools
- “Matter of Balance” classes at Parks/Rec
- Stress reduction classes at Rainier Community Center
- Blinds at Rainier Beach Pool for “Women of World”

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